Iodine – "The Universal Medicine"
5% Lugol's / SSKI Solution Dosage Chart

SEE BOTTOM OF DOC FOR EFFECTS OF LOW IODINE ON BODY

2 drops 5% Lugol's Solution - contains 5mg iodine and 7.5mg iodide
(5% Lugol's solution contains 50 mg iodine and 75 mg iodide / ml; above calulation based on 20 drops/ml)

INGREDIENTS

- Iodine: 5g/100ml
- Potassium iodine: 10g/ 100ml

USAGE & WARNINGS

- One drop ~ 5-6mg.(Calculation based on 20 drops/ml)
- 2 drops ~ 5mg iodine and 7.5mg potassium iodide.(Calculation based on 20 drops/ml)

1 drop SSKI (Super Saturated Potassium Iodide) – contains ~50mg iodide

- Make sure you are not allergic to Lugol's solution (5%) or SSKI – rub a drop into back of forearm and leave for 24 hours to see if there is any reaction.
- For internal doses, always take Lugol's or SSKI in 4-6 oz of water/juice/milk - preferably with a tsp. of apple cider vinegar for slight acidification;
- Don't take iodine at the same time as Vitamin C - which will negate disinfectant effect of iodine; Take vitamin C at least 2 hours before or after taking Lugol' solution.
- Antidotes for iodine overdose
  - √ **Chocolate or cocoa -** high in bromine which displaces iodine;
  - √ **Vitamin C –** take ¼ tsp. (~2.5g) in juice or water

Chart refers to 5% Lugol's Solution unless otherwise specified
1 drop of Lugol's Iodine = approximately 2.4 mg

PROBLEM	5% LUGOL'S SOLUTION	COMMENTS
Acne	2 drops/day	
Antibacterial /Antiviral, /Antifungal		
Atrial Fibrillation /Arrhythmias	Build from 1 up to 5 drops	A gradual build-up, holding each new dose level for a few days and monitoring for any problems is advised, until your heart begins to beat smoothly, at which point

	Then 1-2 drops for maintenance	your body is receiving sufficient iodine (for most people this is around 9-30mg). Stay at this dose for 3 months, then begin to cut back each week. If you begin to feel your heart act up again, you have gone past your maintenance dose - Generally, this is around 3-12 mg.
Baldness	Rub in for ~ 3 months	Eventually a crust forms, beneath which fine hairs will start to grow; Can use decolorized tincture of iodine (doesn't stain)
Bladder infection	1-2 drops 4x/day	Works better than antibiotics;
Cancer	4 drops 2x/day	Dr. Brownstein used from 200mg (i.e. 8 drops 4x/day) up to 300 mg for prostate and breast cancer patients having metastases**. Use iodine in a nebulizer for lung cancer;**
Candida	8 drops/day	In blood
COVID		Lugol's iodine (which is a liquid) can also be used as a COVID-19 **treatment** by nebulizing with a dilute solution that contains approximately 1 drop of Lugol's in 20 to 50 drops of filtered water. **Lugol's Iodine 2% (12 drops) can be used with No-Odor Dimethylsulfoxide/DMSO (12 drops) in an 8 ounce glass of water to potentiate the antibiotic effects of Lugol's Iodine taken internally. Also take a zinc supplement (20 mg) daily to ensure that the Lugol's iodine can be used to its highest potential in the body.**
COVID CURE	DMSO&LUGOLS	Dr. Haresh's modified treatment protocol for curing COVID-19 using Lugol's iodine and DMSO is the following: 1. Take 100ml of water purified by reverse osmosis and put into a **glass** container. 2. Add 5 drops of 5% Lugol's iodine and 5 drops of 99.9% DMSO to the water. Drink this mixture after a meal. 3. Make and drink the iodine + DMSO mixture twice a day after meals for 5 days. After 5 days, you may stop drinking the mix. 4. Continue making the same iodine + DMSO mixture, but use it to gargle twice a day instead of drinking it. Gargling with Lugol's iodine and DMSO will prevent reinfection with the coronavirus. 5. Take 20mg of zinc daily while doing this 5-day protocol. Continue to take the zinc after completing the protocol to prevent reinfection.
Cholesterol (high)	2-4 drops/day	Iodine reduces Lipoprotein (a) and acts as antioxidant to prevent oxidative damage to arterial walls;
Chronic	3-6 drops/day	**Remarkable expectorant** (removes excessive mucus in

bronchitis/COPD /Emphysema		chronic lung diseases); Reduces bronchial infection with regular use; Iodine can be put into a nebulizer for aerosol treatment for transdermal effect into the lung tissues in the case of lung cancer, emphysema, asthma and tuberculosis.
Cold / Flu	6 drops, 2-3 x over 24 hours	
Cuts/scabs	Apply	Prevents infection, aids healing;
Dermatitis	Apply Lugols with Q-tip	Dab the dermatitis with soaked Q-tip; If on the face use decolorized iodine tincture; sensitive skin (E.g. around your nose) will sting. Don't inhale fumes while it dries (~10 secs). Apply vitamin E oil (E.g. from capsule) to keep area moist day and night and prevent reddened, dry skin from flaking. Do the topical iodine for 2 days, 3x a day. After the 2nd day, cut back to 1x a day, but keep going with the vitamin e oil. After 3 days of 1x daily application, cut the iodine back to every other day for 10 days (or less). Keep up the vitamin e oil every day until the dermatitis has disappeared completely. Initially the skin will look red and inflamed, but the vitamin E speeds up the healing process."
Dewormer for Cats and dogs	1-2 drops depending on size	slower than commercial wormers but safer and with less side effects.
Estrone detox.		Metabolizes carcinogenic estrone and estrogen metabolite 16-α-hydroxyestrone --► "anti-carcinogenic" estriol;
Fibrocystic Disease of the Breast (FDB)	4 drops twice/day	This dose has been observed to reduce FDB to insignificance in 3-6 months. **MINIMUM** amount of iodine required for control and prevention of FDB is equivalent to 0.1 mg/kg body weight/day (this is the amount used by Ghent et al). For example, for a 110 # woman, the minimum daily amount of iodine would be 5 mg.
Fibrotic conditions / Keloids	Rub in 3x/day Mix 50/50 w/ DMSO	Dupuytren's contracture (thickening along a tendon/pulls finger down towards palm) / Peyronie's disease (thickening along penis shaft / painful erections); + Taking 2g PABA 3x/day helps; Can take few months; (up to a year for keloids);
Fistulas	Mix 50/50 w/ DMSO Q-tip swab	Peri-anal / Recto-anal fistulas (tunnels); patience and frequent swabbing inside and out required. DMSO helps absorption;
Food poisoning	6 drops, 3-4 x daily – for 3 days	Brings relief for food poisoning very quickly – usually within a couple of hours; E.g. Salmonella or Giardia;
GERD	2 drops /day	Gerd is usally due to insufficient stomach acid, not too much; Iodine is needed to make stomach acid;
Eye infection	2 drops	here what i do i get one oz.of cold water and some honey,a little apple cider vingear and some iodine.very little honey and acv.makes great eye

		drops
Goiter, Cretinism	0.05 mg/day	The smallest intake to prevent these severely iodine deficient conditions
Heavy metal detoxification	2 drops/day	Urinary levels of mercury, lead, cadmium increase several fold after 24 hrs; aluminum takes a month or more of continued supplementation;
Hemorrhoids	SSKI (20 drops) +flax oil	Rub in at bedtime; SSKI by itself stings, so mix with flax oil;
Hypothyroidism	1-6 drops daily	Doses in this range seemed equally effective in resolving underactive thyroid.
Infected hangnail	Rub in several times daily	Problem usually gone a in a few days.
Migraine		
Nails	Colorless SSKI	Dip your fingernails in colorless iodine once a day for 1 week; then once a week for 3 to 4 weeks; then once a month. It dries almost instantly. It begins hardening the nails under the cuticle and as the nail grows out it stays hard and un breakable. Once the new hard nail reaches the length you want, you will never again have chipped and broken nails.
Nuclear Power plant Accident	See Radioactive Fallout SSKI doses	In the event of a nuclear power plant accident, the Japanese government gives those affected 50 mg of iodide/day to prevent thyroid cancer from the thyroid's excessive absorption of radioactive iodine. Japanese typically consume high amounts of iodine/iodide in Kelp.
Ovarian Cyst		Dose similar to FDB
Precancerous skin lesions/ leg ulcers	Rub in twice daily	Regenerates skin from bottom up, eventually sloughing off old skin with little/no scar formation; adding vitamin E helps too;
Radioactive Fallout	SSKI Dose Adult: 100mg iodide(2drops) Child: 3-18yrs (1 drop SSKI) Infant: 1 mth-2yrs(½ drop) <1mth:(¼drop)	Taken ½ hour to 1 day *before* radioactive iodines are swallowed /inhaled prevents ~99% of damage to thyroid by saturating it with non-radioactive iodine. Excess non-absorbed radioactive iodine is quickly eliminated by kidneys. Iodide dose provides protection for 24 hours. Babies NOT protected via breast milk. More dose info: U.S. Center for Disease Control Note: 1 – 130mg Potassium Iodide tablet contains ~100mg iodide. Lugol's Dose is 26 drops = ~100mg iodide
Reduce Gas from eating beans	Soak beans in water for 1 hr or more with 2 drops added	Pour off soaking water before cooking, and add fresh water. Lugol's inactivates an enzyme-inhibitor in beans, which interferes with starch digestion in the gut, producing gas.
Ringworm	Apply topically	Ringworm is a fungus; clears in a few days
Sebaceous cysts	Lugol's or SSKI mixed with	Cysts contain oily material, appear on face, groin, labia; rub in mixture for a week or two to dissolve cyst's fatty

	DMSO	contents. Iodine makes all oils, fats, cholesterol (wax) water-soluble.
Sialoliths / parotid duct stones	3-4 drops SSKI in water daily	"Stones" can form in the duct(s) carrying saliva from the parotid glands (located at the "angle of the jaw"). 3-4 daily drops ofSSKI reportedly dissolves parotid duct stones within 4-8 months.
Skin tags/moles		Rub in morning and night; tags fall off in ~ 1 week, moles disappear
Sore throat/ Tonsillitis	Spray area	Put some SSKI or Lugol's in a spray bottle; relief with 24 hours;
UTI	6 drops 3x/day 4-7 days	Kills bacteria; Decreases acidity in bladder.
Vaginal infection	20-30 drops in small douche 1x/day	Takes 5-10 days to resolve; To make douche, use 2 tablespoons of an iodine solution to 1 quart of warm water once per day.

CHILDREN DOSAGE]

Children –
These are the levels that I gave my children at the various ages. This is not meant to be a recommendation but a guideline for what was safe for my (Dr. Buist) children and others I have been in contact with.
General guidelines suggest .08 mg x the weight of the child but is dependent on the health condition.
i. Up to 3 years –take 1 drop of 5% Lugol's solution in water and then take ½ of the water and give it to the child. this results in 3.125 mg / dose.
ii. 3yrs to 5 yrs –1 drop 5% Lugols Solution (6.25mg)
iii. 5 yrs to 9 yrs –2 drops 5% Lugols Solution (12.5mg)
iv. 9 yrs to 16 yrs –4 drops 5% Lugols Solution (25mg)
v. 16 yrs and up – will depend on health issues, weight, etc and cannot be given in generalities. Dosages range from 12.5 mgs to 300 mgs.

LUGOL'S IODINE: RADIOACTIVE SAFETY

Radiation from a nuclear meltdown is coming our way via the jet stream from Japan. You can prepare yourself and your loved ones by taking 10 drops of Lugol's Iodine daily. Nascent Iodine or Iodoral

tablets work well too; just start getting potassium iodide and iodine into your body as soon as possible. Taking around 50 mg per day (10 drops) of the Lugol's Iodine for a few weeks will be protective.

Lugols Solution Dose in the treatment of Thyroid gland protection during radiopharmaceutical use (off-label): **Lugol's 5% solution:**

- Oral:
  - Regimens/protocols vary by radiopharmaceutical.
  - Generally, about ~100 mg/day of iodine/iodide is required for thyroid block.
  - This dose can be achieved with approximately ~16 drops/day of Lugol's 5% solution (eg, 16 drops x 6.25 mg iodine/iodide per drop = 100 mg iodine/iodide).
  - The following product-specific recommendations are provided in the drug manufacturer's labeling:
    - **Iodine I-123 radiopharmaceuticals:** 100 mg/day of iodine/iodide (drug manufacturer's labeling.
    - **Iodine I-125 and I-131 radiopharmaceuticals**: 10 drops 3 times a day (drug manufacturer's labeling).
  - The manufacturer's labeling for Azedra does not provide specific dosing recommendations.

Note:

- Initiate 1 to 48 hours before radio-pharmaceutical exposure and continue after radio-pharmaceutical administration til risk of exposure has diminished (treatment initiation time and duration are dependent on the radiopharmaceutical agent used, consult specific protocol or labeling.

Use of potassium iodide or iodine during breastfeeding

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  - The maternal intake of potassium isodide has been linked to skin rash in nursing infants.

EYE INFECTIONS 'eye drops with Iodine' You could mix up an ounce of pure water and a couple drops (start with 2 drops) (4 drops is what I use) of Lugol's Iodine and put in each eye 2-3 drops each morning and or each evening.

here what i do i get one oz.of cold water and some honey,a little apple cider vingear and some iodine.very little honey and acv.makes great eye drops

Miso and Nagasaki

A study published in the journal *Toxicologic Pathology* entitled "Beneficial Biological Effects of Miso with Reference to Radiation Injury, Cancer and Hypertension" details some of this enlightening history:

When the 2nd atomic bomb was dropped in Nagasaki on August 9th, 1945, physician Tatuichiro Akizuki, along with 20 employees, was taking care of 70 tuberculosis patients at "Uragami Daiichi Hospital" (St. Francis Hospital) about 1.4 km away from the hypocenter. However, these people including Dr. Akizuki ***did not have any acute radiation disease****. Dr. Akizuki considered that this was the result of* ***consuming cups of wakame miso soup (miso soup with garnish of wakame seaweed) every day****. Later, this was translated into English and became known in the West. In the Chernobyl of nuclear power plant accident on April 26, 1986, in the Ukraine, many Europeans consumed miso soup as a preventive measure for radiation diseases. Therefore, Dr. Akizuki can be considered to be the first person in Japan to point out radioprotective effects of miso for maintaining health.*

What Dr. Akizuki concluded is that drinking miso soup *before* radiation exposure offered a significant radioprotective effect, effectively blocking the negative effects of radiation poisoning.

Radioprotective effects created by the fermentation

The study mentioned here, published in 2013, was conducted by Japanese researcher Hiromitsu Watanabe. In it, he tested various types of miso on mice exposed to ionizing radiation. He was looking to answer the question of whether soybeans themselves have a radioprotective effect, or if the protection comes from something *created* by bacteria during the fermentation process (miso is made from fermented soy).

The answer was clear: "The mechanism of the radioprotective effect of miso is considered to be closely related to substances produced during fermentation stage," Watanabe explains.

It's the bacteria, in other words, that generate substances which have a radioprotective effect as documented in the study. As he explains in the study, "The cytokine-like substance in miso may conceivably play an important role in the protection and/or the recovery and repopulation of critical tissue elements when they are given prior to and during radiation exposure."

Iodine deficiency causes the following effects on the body:

- Iodine deficiency can cause **hypothyroidism (under active thyroid)** by causing a lack of sufficient thyroid hormones to be produced. This affects mitochondrial receptors in human cells that are responsible for energy production. Iodine is necessary for the production of thyroxin (T4). Thyroxin (T4) must be converted to (T3), the active form of the hormone. In some individuals, this conversion is not possible due to a lack of selenium, which assists in the production of involved enzymes.
- Iodine deficiency (which is usually compounded by bromine and fluorine toxicity) can lead to frequent urinary tract infections.
- Thyroid cancer
- Low adrenal function
- Frequent respiratory infections and respiratory problems:
    - Asthma
    - Sinus infection
    - Chronic post-nasal drip
    - Allergies
- Iodine deficiency can cause men's health issues:
    - Prostate cancer
    - Prostate swelling
    - Low libido
    - Erectile dysfunction
- Iodine deficiency can cause a variety of women's health issues including:
    - Menstrual problems
    - Endometriosis
    - Menstrual irregularities
    - Premenstrual Syndrome (PMS)
    - Polycystic Ovarian Syndrome (PCOS)
    - Heavy menstruation
    - Infertility
    - Low libido
    - Fibrocystic breast disease

    - Fibrocystic ovaries
    - Uterine fibroids
    - Benign and malignant tumors in the reproductive organs including the breast, uterus, ovaries, cervix, etc.
- Skin problems:
    - Dry, coarse skin with a yellowish tinge
    - Darkening of the eyelids
    - Brittle fingernails
    - Brittle hair
    - Hair loss
    - Acne
- Headaches
    - Migraines
    - Visual disturbances
    - Eye protrusion
- Mental Health Issues:
    - Depression
    - Mental fatigue
    - Apathy
    - Foggy Thinking
    - Mood swings
    - Memory loss (Alzheimer's, Lewy Body Dementia, Parkinson's Disease, etc.)
- Cardiovascular effects:
    - Intolerance to heat and cold (cold hands and feet)
    - Poor circulation (which can lead to health problems such as Erectile Dysfunction or low libido, noted above)
    - Raynaud's Syndrome
    - Heart Disease
- Digestive problems
    - Indigestion
    - Gas / flatulence
    - Constipation and irregular bowel movements
- Goiter
    - Difficulty swallowing

    - Throat swelling
    - Throat tenderness
- Obesity and difficulty losing weight
    - Swelling of the face (Myxoedema)
    - Fluid retention
    - High LDL cholesterol
    - Increased triglyceride levels
- Shortness of breath on exertion and poor exercise tolerance which includes:
    - Fast pulse
    - Heart palpitations
    - Chest pain
    - Stiff joints
    - Muscle cramps
    - Excessive perspiration regardless of heat or exertion
- Fatigue, low energy, exhaustion, especially in the morning.
    - Low blood pressure
    - Sleep problems including the need for 12 or more hours of sleep